



If you need to lose weight,
losing even a little will help!

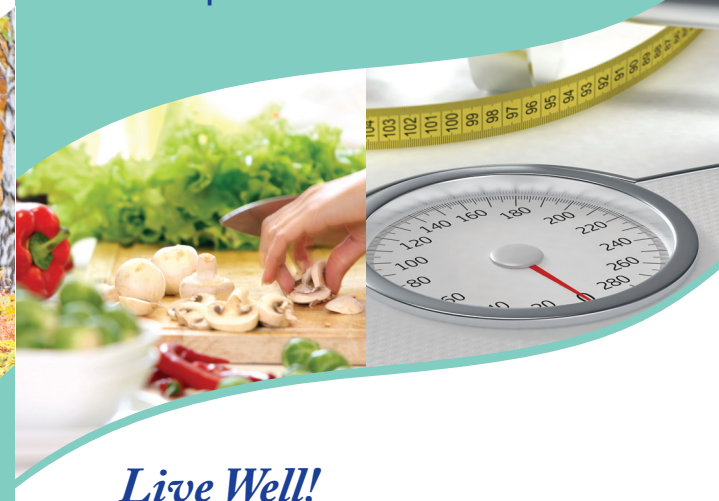


If you are ready to MOVE!®,
talk with your primary care or MOVE!®
team today!



TeleMOVE!

- ★ Lose Weight
- ★ Keep It Off
- ★ Improve Your Health



Live Well!

Eat Wisely ★ MOVE!® More ★ Weigh Less

www.move.va.gov
www.telehealth.va.gov



VA
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NCP
National Center for Health Promotion
and Disease Prevention



Why TeleMOVE!?

Carrying extra weight puts your health at risk. The MOVE!® Weight Management Program for Veterans can help you lose weight safely and be healthy. You can participate in MOVE!® in many ways, including individual care, group classes, or home-based programs.

TeleMOVE! is a Home Telehealth version of MOVE!® that lets you participate:

- **Where** you want to — from your home, office, or wherever you may be traveling
- **When** you want to — in the morning, afternoon, evening, or the middle of the night
- **How** you want to — through technology rather than a medical visit

TeleMOVE!:

- Coaches you in weight management
- Teaches you important self-management strategies
- Helps you resolve challenges
- Lets your Care Coordinator see how you are doing and help you by phone, if needed

Two versions of TeleMOVE!

Check with your primary care team to learn which versions of TeleMOVE! are available.

1. Home Messaging

- Offers daily interaction over a home messaging machine for 6 months
- The simple-to-use device communicates over your telephone line, sends guidance and support, and asks how you are doing
- The device connects to your scale so that your Care Coordinator can keep up with your progress
- May not work with some telephone systems or cellular phones

2. Interactive Voice Response (IVR)

- Daily telephone voice interaction for 6 months
- Uses your home or cellular telephone to send guidance and support, and ask how you are doing
- Allows you to enter your weight over the telephone so your Care Coordinator can keep up with your progress

Who are the Care Coordinators?

- A nurse, nurse practitioner, dietitian, or health psychologist who is an expert in coaching patients in self-managing weight. They coach you, monitor how you are doing, help you resolve challenges, and communicate your progress to your primary care and MOVE!® teams.
- Care Coordinators provide the “human touch” that is key to helping you manage your weight.

What you should know

- Making a commitment to participate for at least 6 months is critical to success.
- TeleMOVE! emphasizes:
 - Eating wisely to cut excess calories
 - Being physically active to burn calories and maintain fitness
 - Making other life changes to help you reach and maintain your desired weight
 - Weighing in every day